

BLOOD SUGAR MANAGEMENT

<p><u>HYPERGLYCEMIA</u> High Blood Sugar</p>	<p><u>HYPOGLYCEMIA</u> Low Blood Sugar</p>
<p>SYMPTOMS</p>	<p>SYMPTOMS</p>
<p>Thirst Hunger Frequent Urination Fatigue Nausea Blurred Vision Headache Nervousness Confusion</p>	<p>Shakiness Sweaty Hunger Anxiety Nervousness Confusion Acting angry or irritable Slurred Speech Headache</p>
<p>CAUSES</p>	<p>CAUSES</p>
<p>Too much food Too little exercise Too little insulin Stress Illness or injury</p>	<p>Too little food Too much insulin More activity than usual Too long between meals or snacks Alcohol</p>

How do you treat a LOW blood sugar?

Choose ONE of the following examples:

½ cup fruit juice

½ cup regular pop

1 tbsp honey or corn syrup

3 sugar packets

3-4 hard candies (Life Savers, Werther's)

Glucose Tablets or glucose gel (follow directions on package)

Wait 15 minutes, and then retest your blood sugar.

If you are still less than 4 mmol/L, take another 15 grams of fast-acting carbohydrate.

If your next meal is more than an hour away, have a **SMALL** snack that consists of 15 grams of carbohydrate and a source of protein to keep your blood sugar within normal limits.

Examples: crackers and cheese, granola bar, yogurt and nuts, etc.